



Sirloin Steak with Sherry-Soy Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cooking sherry
- ☐ 1 pound rump steak boneless (1/)

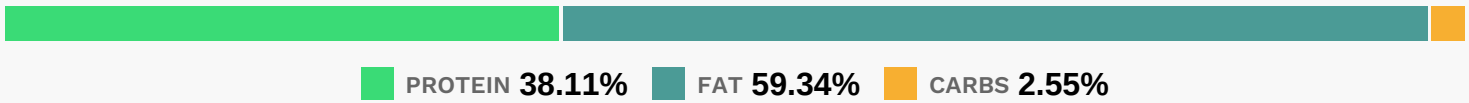
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine sherry and next 5 ingredients in a small bowl; set aside.
- ☐ Sprinkle both sides of steak with salt and black pepper.
- ☐ Place a large nonstick skillet over high heat; add steak, and cook 3 minutes. Reduce heat to medium-high; turn steak, and cook 3 minutes or until desired degree of doneness.
- ☐ Remove steak, and set aside.
- ☐ Add sherry mixture, scraping bottom and sides of pan to loosen browned bits; cook over medium heat 1 minute, stirring constantly. Slice steak, and serve with sauce.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:10.842608782226%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 277.03kcal (13.85%), Fat: 16.86g (25.94%), Saturated Fat: 6.82g (42.65%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.26g (0.29%), Cholesterol: 63.5mg (21.17%), Sodium: 498.51mg (21.67%), Alcohol: 2.06g (100%), Alcohol %: 1.73% (100%), Protein: 24.36g (48.72%), Vitamin B12: 3.15µg (52.54%), Selenium: 19.02µg (27.17%), Zinc: 3.83mg (25.56%), Vitamin B6: 0.48mg (23.76%), Phosphorus: 217.66mg (21.77%), Vitamin B3:

4.26mg (21.28%), Iron: 2.54mg (14.09%), Vitamin B2: 0.23mg (13.49%), Potassium: 405.83mg (11.6%), Vitamin B1: 0.12mg (8.07%), Magnesium: 31.28mg (7.82%), Manganese: 0.12mg (5.95%), Copper: 0.1mg (5.13%), Vitamin B5: 0.4mg (3.98%), Folate: 10.63µg (2.66%), Calcium: 15.23mg (1.52%)